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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE!

Vol. 3 No. 12

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### MARCH FOOD STORY

#### PLENTIFUL FOODS

Fresh fruits and vegetables which are expected to be in plentiful supply in most Western markets during the month of March are: ORANGES, CAULIFLOWER, SPINACH, and other GREEN VEGETABLES, RADISHES, RUTABAGAS, CABBAGE and CARROTS.

Other foods which will be available and adequate include EGGS, DRY PINTO BEANS, DRY MIX SOUPS, SOYA FLOUR, GRITS and FLAKES; CITRUS MARMALADE, APPLE BUTTER, JELLIES, and GRAPE, PLUM and FIG JAMS; WHEAT FLOUR and BREAD; MACARONI, SPAGHETTI, NOODLES and OATMEAL.

This year's crop of cabbage in Florida, Texas, Arizona and California, is more than half again as large as it has been on the average for the past ten years...56% above average, - in case you're interested in figures.

That's a good bit of cabbage, - so much, that the War Food Administration is attempting to divert quantities to the manufacture of sauerkraut.

\*Cabbage is versatile. You can fit it into any course but dessert. Chopped with a tart dressing, it makes a splendid accompaniment for fish.  
(over)

Cabbage is a member of the important green and yellow vegetable group in the Basic Seven.

Cabbage is a good source of vitamin C. Over one-half of the vitamin C requirement for the day is contained in one raw serving and about one-third in a serving, if properly cooked.

\*Cauliflower is not as versatile as some other vegetables but variety may be obtained by serving it French Fried, Sautéd or with browned crumbs as well as with a cheese and tomato sauce.

\*Carrots rank with spinach, kale, and sweet potatoes as "tops" among all vegetables in vitamin A content and contribute about 11% of vitamin A in civilian diet.

The daily dietary requirement of vitamin A is abundantly filled by one serving of properly prepared carrots.

Raw carrot sticks, served crisp, are a good variation and have been successfully used in many industrial plants and restaurants.

For variety try serving carrots lyonnaise, browned or sweet-sour.

\*Spinach may also be served with a sweet-sour dressing.

\*Rutabagas, mashed with potatoes, are delicious and are liked by many who refuse rutabagas prepared in the usual way.

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For the many readers of "ATTENTION, PLEASE!" who sent in for the booklet, "MAKING THE MOST OF MEATS IN INDUSTRIAL FEEDING", SPECIAL NOTE:

THIS PUBLICATION WAS IN PRESS WHEN THE OFFICE OF PRICE ADMINISTRATION CHANGED RATION POINT VALUES ON JANUARY 1, 1945. THEREFORE, REFERENCES TO POINT VALUES OF CERTAIN MEATS APPEARING ON PAGE 3 SHOULD BE INTERPRETED IN TERMS OF CURRENT RATION POINT VALUES.

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